



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Cross Country Skiing, Skate

Spring Fling

Time: 1 Day

Setting: Groomed trails, spring corn, and possible crust cruising on Grand Mesa in western Colorado

Course Description:

Grand Mesa, renowned for its spring skiing, is the location for the annual PSIA-RM XC Spring Fling. This one-day clinic is a great way to wrap up your winter and is focused on skate skiing skills improvement, sharing, reflection, and learning in a group setting. We will explore the skiing fundamentals as we develop our own skate skiing skills while sharing ideas about how to apply them when teaching students. Clinic leaders will exemplify teaching and people skills fundamentals throughout the day and highlight how to effectively improve your students' learning environment next season. Hone your existing skills, improve your skiing, and learn something new from fellow instructors from all disciplines of snow-sports.

**If you choose this course a prerequisite for a Level 2 or 3 certification you must get prior approval from the XC Chairperson. Please contact the RM office for more info.*

Recommended prerequisite courses:

- No prerequisites required

Prerequisite skills:

- Minimum of intermediate cross country skate skiing ability
- PSIA/AASI membership
- Equipment: skate equipment for groomed trails

Course objectives:

- Improve skate skiing skills and technical knowledge
- Expand personal knowledge and ideas for teaching
- Meet, build rapport, and clinic with fellow cross-country skiers and instructors from around the Rocky Mountain Division
- Have fun, ski, and experience the unique setting of Grand Mesa in the spring snowpack and weather.

Sample activities:

- Ski specific drills and activities for warm up and technique development
- Group and paired skate skiing for skills development
- Practice teaching scenarios
- Agility courses and skills focused drills and games

- Possibly crust skiing in the massive vistas of Grand Mesa

Materials:

- Skate skis with appropriate wax, boots, and poles for groomed tracks and crust skiing
- Optional: Cross Country Technical Manual